



## Wireless Body Scale - iBF5

**blueanatomy**<sup>TM</sup>

Thank you for purchasing the Wireless Body Scale – iBF5.

Before using this unit for the first time, please be sure to read this instruction manual carefully and use the unit properly.

Please keep this instruction manual on hand for future reference.



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## Safety Information

### Warning

**This product should not be used by individuals with a pacemaker or other implanted medical devices as it passes a low level electrical signal through the body which may interfere with its operation. This product is also not suitable for women during pregnancy!**

**This body scale is intended for adults (ages 13-100) with inactive to moderately active lifestyles and adults with athletic body types.**

** WARNING: DO NOT MODIFY THIS EQUIPMENT WITHOUT AUTHORIZATION FROM THE MANUFACTURER BEYOND WHAT IS DEEMED SAFE IN THIS MANUAL**

### BlueAnatomy iBF5 Scale Care

- 1 Protect the unit against moisture and keep away from liquids. Clean using a dampened cloth after use.
- 1 Do not expose scale to direct sunlight
- 1 Do not leave scale in area of extreme temperature or humidity.
- 1 Device not intended for people with limited physical, sensory or mental abilities unless under observation by a person that can ensure its safe and proper use.
- 1 Do not attempt to dismantle or repair the device yourself.
- 1 Only store flat and on an even surface to maintain correct calibration for every use.

### How to Ensure Accurate Readings

- 1 Always measure barefoot. Do not step on unit with wet feet, wearing socks or shoes to prevent slipping, damage and inaccurate readings
- 1 Recommended to be placed on hard flat surface only.
- 1 Always weigh yourself on the same scale, at the same place on the same surface if possible.

**Recommended Measurement Times** is after waking up but before breakfast (optimal), 2 hours after recent meal but before the next meal, or before bed but 2 hours after dinner.

- 1 Erroneous measurements can occur if feet are dirty, dry or extremely callous.
- 1 Body fat percentage estimates will vary with the amount of water in the body, and can be affected by dehydration or over-hydration due to such factors as alcohol consumption, menstruation, illness, intense exercise.
- 1 **Stand upright and not to the edge of the scale to ensure good contact with the electrodes. Horizontal line should be running below arch of each foot.**
- 1 Full features of scale only available with corresponding app.

### Health Disclaimer

BlueAnatomy iBF5 scale and its associated applications should not be used to diagnose, treat, or prevent any disease or medical conditions. It should only be used purely as a reference. Always seek the advice of a qualified medical professional before making any changes to your exercise or nutrition as doing so may cause severe harm or death.

Recorded data may be lost if the design is used incorrectly. BlueAnatomy takes no responsibility for any kind of loss caused by the loss of recorded data. BlueAnatomy takes no responsibility for any kind of damage or loss caused by the device, or any kind of claim made by third party.

***Stepping off scale after or during usage will safely terminate usage session immediately***

## **Product Description**

### **HOW DOES THE BLUEANATOMY BODY SCALE WORK?**

This BlueAnatomy Body Scale uses BIA (Bio Impedance Analysis) technology which passes an electrical current through the body to estimate body fat mass, lean mass, total body water and bone mass. The electrical current is small and may not be felt. Contact with the body is made via special glass on the top of the scale.

NOTE: This device is a personal monitor and should be used in a consistent manner for the most accurate reading. While readings of this analyzer might be different with that of others (hydro-densitometry or hand held calipers), your changes in body fat percentage shown by this device will be reflected accurately.

While this analyzer will work accurately as a scale for anyone and give accurate body fat readings for a majority of people, it is not intended for being used by pregnant women or children under the age of 18.

### **BODY FAT-WHAT DOES IT MEAN?**

Human body is made up of, amongst other things, a percentage of fat. Body fat is vital for a healthy, functioning body, protects vital organs, helps regulate body temperature, stores vitamins and helps the body sustain itself when food is scarce. However, too much body fat or indeed too little body fat will damage to your health. It is difficult to gauge how much body fat we have in our bodies simply by looking at ourselves in the mirror.

This is why it is important to measure and monitor your body fat percentage. Body fat percentage gives you a better measure of fitness than weight alone—the composition of your weight loss could mean you are losing muscle mass rather than fat—you could still have a high percentage of fat even when a scale indicates 'normal weight'.

### **BODY WATER-WHY MEASURE IT?**

Body water is the single most important component of body weight. It represents over half of your total weight and almost two thirds of your lean body mass (predominantly muscle). Water performs a number of important roles in the body: All the cells in the body, whether in the skin, glands, muscles, brain or anywhere else, can only function properly if they have enough water. Water also plays a vital part in regulating the body's temperature balance, particularly through perspiration. The combination of your weight and fat measurement could appear to be 'normal' but your body hydration level could be insufficient for healthy living.

## Getting Started

### Insert / replace Batteries

Before starting up the scale remove the battery cover underneath the scale and please insert four AAA batteries into your device. Make sure the polarity is correct when inserting batteries and replace cover when done. Battery cover should click into place when placed correctly.

*Remove the batteries from this unit when you are not going to use it for a long period of time (approximately three months or more).*

### Calibrate

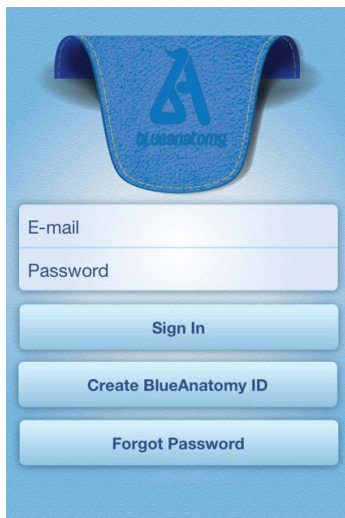
After inserting battery into unit, place unit onto flat hard surface where you intend to use the scale. Step on until you see "Cal", then immediately step off and the scale will self calibrate (only need to calibrate during first use or every time battery is removed and reinserted). The scale will recalibrate regularly so advised to maintain scale location. Please place in FLAT position and not to place be stored vertically or less calibration will be inaccurate.

"Cal" should be displayed on the scale and will turn off by itself to show it has been successfully calibrated. If you don't see any display, please check batteries are inserted correctly.

### Blue Anatomy App

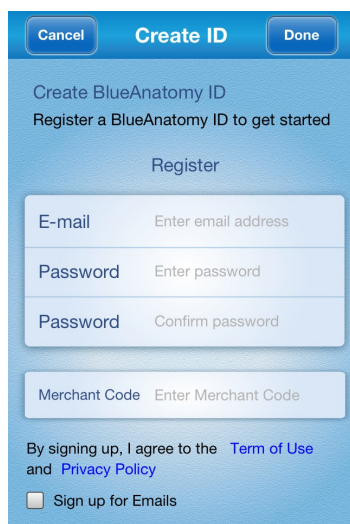
Once calibrated, please download free "Blue Anatomy" app from app store to get started

#### Login/Create BlueAnatomy ID



Once you have successfully downloaded the app and have opened it, either login to an existing account by filling in your Email and Password or Create a new one by choosing "Create BlueAnatomy ID".

**Please Note: you must have internet access to Sign In for the first time**



To create a new BlueAnatomy ID please provide Email and Password. You must confirm Password.

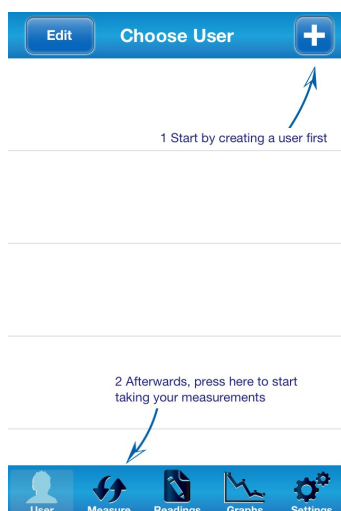
*(Merchant Code: only need to fill out if it applies to you, otherwise leave blank)*

Please keep box checked if you want to sign up for email updates from Blue Anatomy

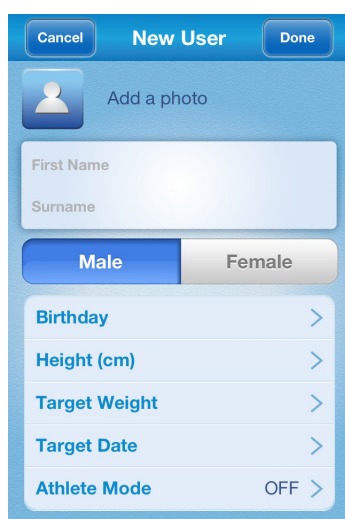
Select Done when complete

**Please Note: you must have internet access to Create a new account**

## Create Users/Choose User



Once logged in either create a new user or select an existing one. Create a new user by selecting the "+" button at the top right hand corner.

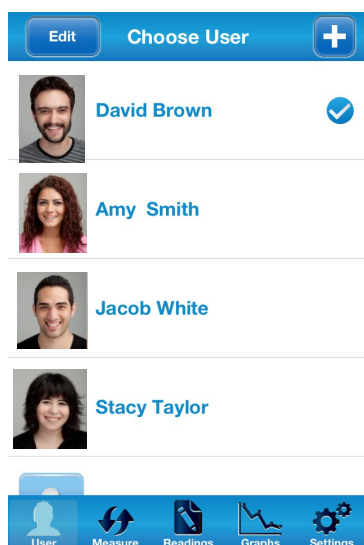


All fields must be filled in to create user except for "Last Name", "Target Weight", and "Target Date" which are options to set weight goals.

You may also include a photo if you want by selecting the silhouette box next to "Add a photo"

Once complete select Done

**Please note:** Turn On Athlete Mode only if you meet the requirements stated or else readings will be inaccurate. In most situations we recommend having it OFF.



Select the User you plan to use to proceed. A check mark will be displayed next to the selected User. You must have selected a User before you can start taking measurements.

To edit User information make sure User is selected and select "Edit" on the top left corner.

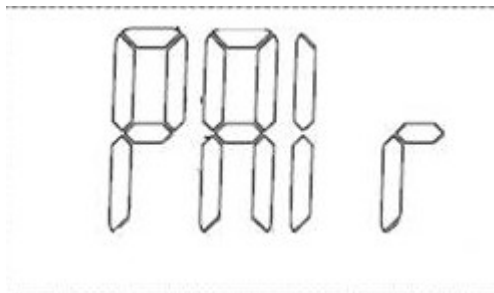


## How to take Measurements

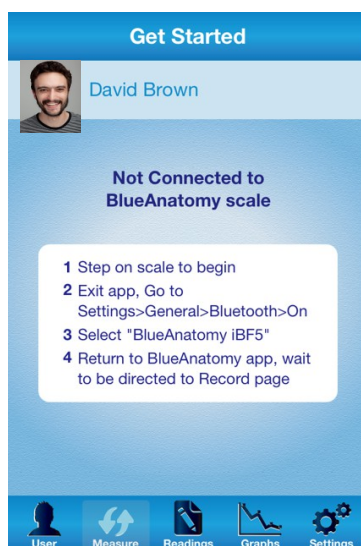
To start taking measurements first choose the "Measure" icon below the screen. You will be prompted to stand on the scale. Please step on and stay on the scale to start.

## Pairing Mobile Device with Scale

The scale display will continuously flash "PAIR" (see below) if you are on top of the scale but it's not properly paired to your mobile device yet.



### At this point:



The "Get Started" page will give you instructions on how to activate your Bluetooth if it's not already turned on or if the device is not properly chosen. If you know that it is connected wait to be directed to the next page. If Bluetooth is not on or connected leave app and go to the "Setting" page of the iOS. From there choose "Bluetooth"



Turn ON Bluetooth if not already on and select "BlueAnatomy iBF5" to pair the device with the scale.

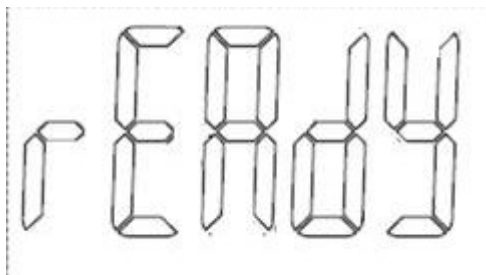
Once the device is selected in the Bluetooth page you should automatically be directed back into the Blue Anatomy app. If not please exit the setting page and open the Blue Anatomy app from the Home Screen. Go back to the "Get Started" page and wait to be directed to the "Record" page

**Scale only mode:** By stepping on the scale for 3 seconds or more, then immediately stepping off and on again you will be able to take a regular weight reading ONLY. This information will not be saved onto your mobile device

**You only need to Pair the device the first time, once paired all subsequent usage should automatically pair to the device as long as the device Bluetooth and scale is both ON.**

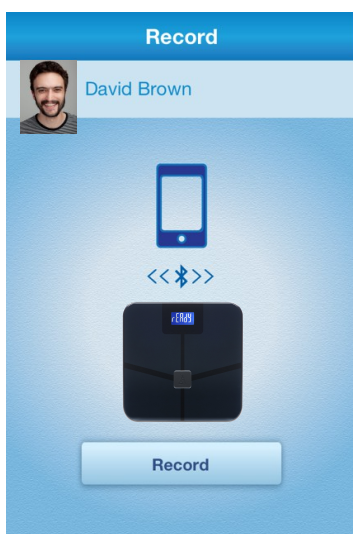
## **The Scale is Ready**

Once the mobile device is paired with the scale, the scale will display "READY" (see below). This means it's ready to take your readings.



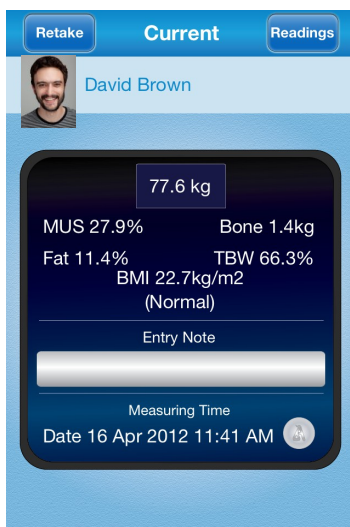
**At this point:**

## **Record**



Once you return to Measurement icon and the Bluetooth is connected you should quickly be directed to the "Record" page. Press the "Record" button to start taking your measurement. Don't get off the scale until readings are displayed on your device.

**Important: To prevent any errors please make sure feet are placed correctly and to remain still until measurement is recorded onto your device. Consistently taking measurements on a flat hard surface is important to maintaining accuracy. DO NOT step off of scale at this time.**

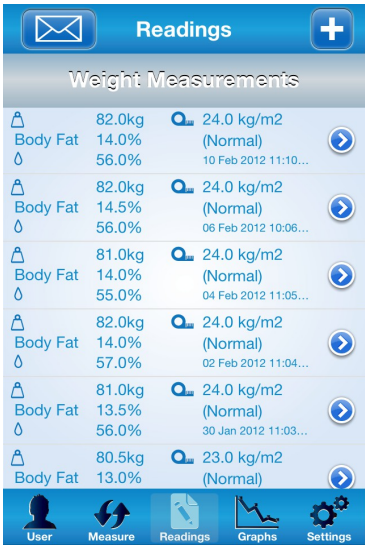


Once the current readings are displayed you have the option of either to "Retake" another reading or proceed to the "Readings" page. By selecting "Retake" you will be brought back to the previous step.

**Actual scale will only display Weight, Fat % and BMI. Additionally Total Body Water, Muscle and Bone Mass will all be displayed and stored in the app under Readings.**



# Readings

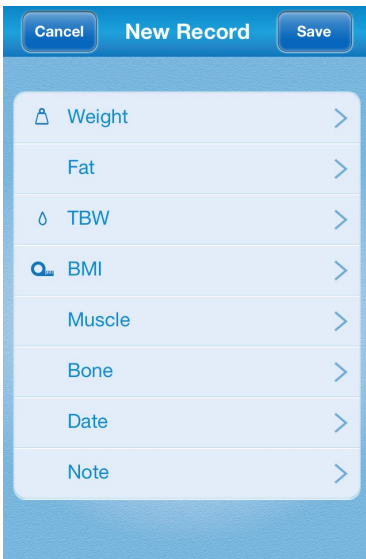


Current and past readings are displayed in chronological order.

The Readings page allows you to view, create or edit any current or past readings.



You may view any readings by selecting them individually.



You may also edit current or past readings just by selecting the arrow next to each Reading session.

Add personal Notes at anytime to keep track of what you have done prior to each Reading.

# Share Readings

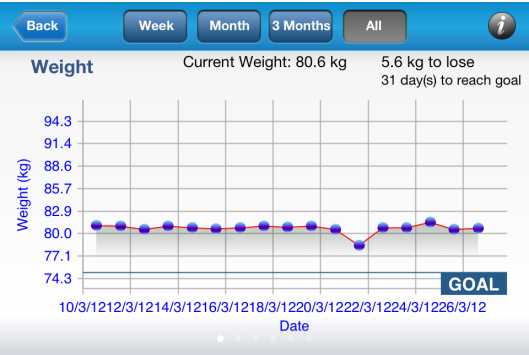


You may also export a set of readings by email just by clicking at the envelop icon at the top left corner.



Email a set of readings to anyone to share and help you monitor your progress

# Graphs



All retrieved data points can be graphed including Weight, Fat %, BMI, TBW, Muscle and Bone mass. Swipe left or right to view different graphs.

References

Body Fat proportion range in %

What is Body Fat Percentage?  
Body fat percentage is the percentage of fat in your body. Too much body fat has been linked to conditions such as high blood pressure, heart disease, diabetes, cancer, and other disabling conditions.

Male

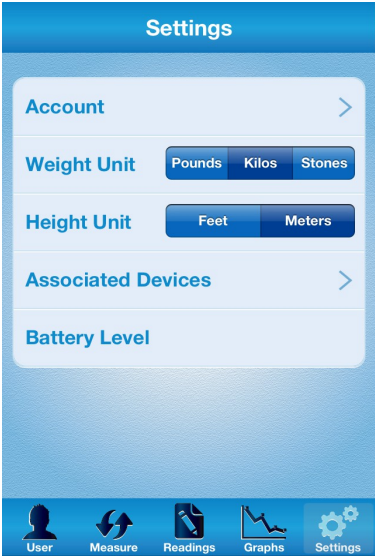
Age	Low (BMI <18.5)	Normal (BMI 18.5-24.9)	High (BMI 25.0-29.9)	Very High (BMI ≥ 30.0)
20-39	< 8.0	8.0-19.9	20.0-24.9	≥ 25.0
40-59	< 11.0	11.0-21.9	22.0-27.9	≥ 28.0
60-79	< 13.0	13.0-24.9	25.0-29.9	≥ 30.0

Female

Age	Low (BMI <18.5)	Normal (BMI 18.5-24.9)	High (BMI 25.0-29.9)	Very High (BMI ≥ 30.0)
20-39	< 21.0	21.0-32.9	33.0-38.9	≥ 39.0
40-59	< 23.0	23.0-33.9	34.0-39.9	≥ 40.0
60-79	< 24.0	24.0-35.9	36.0-41.9	≥ 42.0

Clicking the "i" on the right-top corner of each graph will give you reference tables to better understand your Readings

# Settings



Selecting the Settings icon allows you to view Account details, change weight and height units. Unit changes will be reflected immediately. You can also view the battery level based on last usage of scale.

If the battery is low the scale display will flash the low battery icon as well.

## Cloud Server

All data will automatically be synced to the Blue Anatomy server when Internet access is available. This allows users to view their data on any devices that function with the scale or on any desktop computer.

**Please note:** Data can only be stored on the cloud server if there is an Internet connection. Otherwise data will stay on the device used to take measurement until internet connection is available.

Edited data will also be reflected on server.

## BlueAnatomy Desktop Dashboard

The Desktop Dashboard is another way for you to view your data. The dashboard only allows you to view past Readings that are already uploaded to our server and not take new Readings or view any information not already uploaded.

To view the Dashboard simply go to our website at: [www.blueanatomy.com](http://www.blueanatomy.com)

From the top right corner click: My Account

Fill in your account details and Login to view the Dashboard.

## Troubleshooting Tips

**Please review Safety Information on Page 1 first to ensure safe and accurate use of device**

### Error Indicators

Error Display on Scale	Cause	Correction
<b>Er1</b>	<b>Problem with Factory setting</b>	<b>Contact Kogan Customer support for replacement</b>
<b>Er4</b>	<b>The measurement position was not stable or your feet were not placed correctly</b>	<b>Remain still and do not move until the measurement is complete</b>
<b>Er5</b>	<b>Your toe and heels are not positioned over the electrodes correctly</b>	<b>Make sure you are barefoot and the soles of your feet are clean and dry. Make sure feet are correctly positioned. Read “ How to Ensure Accurate Readings” on page 1</b>

## SPECIFICATIONS

<p><b>General Specifications</b> BlueAnatomy Wireless Body Scale – iBF 5 Runs on Apple devices: Phone 3GS, 4, 4S, 5 iPod touch (iOS 4.1 and greater) iPad, iPad 2, iPad (3<sup>rd</sup> Generation), New iPad (iOS 4.0 and greater) Runs on Android devices</p> <p><b>Display</b> Blue LCD Display with White Backlight</p> <p><b>Power Supply</b> 4x1.5V AAA batteries</p> <p><b>Memory</b> Depends on Smartphone or Bluetooth Device</p> <p><b>Measuring range</b> 5kg to 180 kg (interval d= 0.1kg), 396 lb or 28.4 st. Accuracy classes: Class IIII (e=10d)</p>	<p><b>Dimensions (L x W x H)</b> approx. 320 mm x 320mm x 25 mm</p> <p><b>Weight</b> approx 2 kg (including batteries)</p> <p><b>Operating Conditions</b> Temperature 10°C – 40°C (50°F - 104°F), 30% to 90% RH Atmospheric pressure 86kPa to 106 kPa</p> <p><b>Storage and Transport Conditions</b> Temperature 2°C – 30°C (35.6°F - 86°F), 10% to 90% RH Atmospheric pressure 86kPa to 106 kPa Remove the batteries from this unit when you are not going to use it for a long period of time (approximately three months or more).</p> <p><b>Components</b> Main Unit</p> <p><b>Color Options</b> Black and White</p>
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**For other issues feel free to visit our support page on our website:**

**[www.blueanatomy.com](http://www.blueanatomy.com)**